

# livfun

The Cottages at Dartmouth Village

JULY 2020 · STORIES OF OLD GLORY

## A “Beautiful” Tribute

Expressing national pride “from sea to shining sea,” the stirring anthem “America the Beautiful” turns 125 this month.

The song’s lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts’ Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, “the sea-like expanse of fertile country ... under those ample skies.”

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, *The Congregationalist*, on July 4, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today.

“America the Beautiful” has become a patriotic standard and is often played at national celebrations and sporting events.



## Happy Fourth of July



## A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial’s most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war’s cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder “Freedom is not free” is engraved on the pool’s stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall’s polished surface also reflects the memorial’s 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.



# Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

**Hands** – Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

**Wrists and arms** – With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

**Legs** – Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

**Body stretch** – Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then “open the book” by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.



# Myself During Quarantine

We recently asked some of our residents and staff members to share what they have learned about themselves while quarantined and this is what they said:

- “I’ve learned to be more patient and take nothing for granted.” — *Sean Downes*
- “I’ve learned how to live alone, eat alone, and sleep alone.” — *Phyllis Croteau*
- “I’ve learned that I have a green thumb.” — *Ashley Leite*
- “I have realized during this crisis, I’m happiest when I’m with people.” — *Tina Higgins*
- “I’ve learned that I am more patient than I thought.” — *Tiffany Victoria*
- “I miss my family, friends, and all of the community programs.” — *Judy Patten*
- “I have learned that I can’t live without a pedicure.” — *Estrela Praticante*
- “Tough times don’t last — tough beings do.” — *Beth Birnbaum*
- “I’ve realized that I have the ability to surprise myself.” — *Scott Machado*
- “I have learned that life has so much to show you, but we are too blind to see it until you look out your window at what you used to take for granted.” — *Lenny Quintin*
- “I have learned that I have to be more patient and accept people for the way they are and not try to change them. I am happy and I enjoy each day.” — *Paul Sylvia*
- “Life is good.” — *Angela Pina*
- “I have learned that I do not want to be a 2nd grade teacher when I grow up.” — *Ashley Leite*
- “My husband and I love to take long walks together.” — *Kathy Squatrito*
- “I’ve learned that I can appreciate life’s simple pleasures.” — *Claudia Parascandolo*



# July Birthdays

Stephen Gwozdz, 18th

Frances Hoefel, 21st

## THE COTTAGES AT DARTMOUTH VILLAGE

© A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

274 Slocum Road  
North Dartmouth, MA 02747  
508.999.0404

## Staff

**General Manager**  
Sean Downes

**Community Sales Manager**  
Ashley Leite

**Chef**  
Angela Pina

**Health and Wellness Director**  
Kim Ratcliff

**Health and Wellness Manager**  
Kathy Figuerona

**Office Manager**  
Kathy Squatrito

**Program Supervisor**  
Claudia Parascandolo

**Plant Operations Supervisor**  
Robert Wardwell

**Opal Supervisor**  
Krystina Stykowski



## A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit [www.leisurecare.com/communication-plan](http://www.leisurecare.com/communication-plan). Please contact your management team if you have any questions.

## Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

### Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

### Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

## Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

## Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

## Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

9		1			7			3
		4	2		5			6
6				1				
8				6		5		4
	4							7
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

## Sundae Edition

**Q:** Why did the news reporter go to the ice cream parlor?

**A:** She wanted to get the scoop!

## THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R  
R M N A N G

I Z E S O T A H A W N E W M O T F K E I  
N O C O N N E C I A O R E E C E L S B N  
O N T T U C I T D I N O G X I N O A R I  
R A E X A S O H A I E E S S E N R A G A  
T N A O K L A C O L O N C S I W I D E A  
H E D A M O H O D A R E O N S I N L O I  
C V A N E W H A E I Y W O H A N A O R G  
A R O L I N A M R N O R K I I S I U M I  
P E N N S Y L P I D N A M O F I L A C S  
Y W A I N A V S H I A I A T O R N I A S  
O M I N G S I P P I E N V N S N I R U O  
M I S S I S N M N M D A E O O O A H I M  
S A S N A K E I A A N N R M U R T A O O  
M Y K R E J W C G R A I L O T T O T W N  
A K E S R R A H I Y L A A R H H K U A T  
S C N E H K A N S A S L K A C D A A N A  
S U T Y O D E D E L A A S I L L I N O A  
A N G T O N I E R A W A W E S T V I I T  
C I H S A W S L A N D L A I N I G R S O  
H U S E T T S A M A B A S O U T H D A K

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

## Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

9	2	1	6	4	7	8	5	3
4	6	3	8	5	2	7	1	9
5	1	8	9	7	6	3	4	2
2	9	7	4	3	1	6	8	5
8	4	6	5	2	8	1	7	9
3	8	3	7	9	4	2	5	6
1	5	6	5	2	8	1	7	9
3	4	6	5	2	8	1	7	9
4	6	9	5	3	1	9	4	2
7	3	4	2	8	5	9	6	1
6	8	5	3	1	9	4	2	7
2	7	3	4	2	8	5	9	6
9	2	1	6	4	7	8	5	3

The 50 States

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b> All Opal Cottages, All Aspen Cottage, AC Birch Cottage, BC Cedar Cottage, CC</p>	<p>Community Center, ComCen Community Outing, CO Courtyard/Patios, C/P Dogwood Cottage, DC Elm Cottage, EC Fir Cottage, FC</p>	<p><b>Birthdays</b> Cynthia Espinola, 6th Judy Kusinitz, 8th Edwin Reid, 18th Jane Brightman, 21st Beatrice Brewster, 30th</p>	<p>10:00 ● PrimeFit, All 1 10:30 ● Live Stream Zoos, Aquariums &amp; Museums, All 11:00 ● Word Games &amp; Crossword Puzzles, FC 12:00 ● Picnic on the Patio, C/P 2:00 ● Courtyard Stroll, All 4:00 ● Memory Lane, All 6:15 ● Classical Music, All</p>	<p>9:30 ● Spa Visits, All 2 10:00 ● Chair Yoga on the Lawn, C/P 10:30 ● Rosary &amp; Communion, All 11:00 ● Singalong, All 3:00 ● Traveling Ice Cream Cart, All 4:00 ● Let's Stay Connected &amp; Zoom!, All 6:15 ● Coupon Clippings, DC</p>	<p>10:00 ● PrimeFit, All 3 10:30 ● Trivia Games 11:00 ● Joyful Journal, All 1:30 ● "Ask Alexa," DC 2:30 ● Helping Hands!, DC 4:15 ● Aromatherapy &amp; Classical Music, All 6:15 ● Adult Coloring, All</p>	<p><b>INDEPENDENCE DAY</b> 4 10:00 ● PrimeFit, All 10:30 ● Coffee &amp; Current Events, All 11:00 ● Virtual Tours, All 2:00 ● Leisure Games, FC 3:15 ● FaceTime &amp; Friends!, All 4:00 ● Manicures, Hand Massages, All 6:15 ● Let's Reminisce, All</p>
<p>10:00 ● Morning Stretches, All 5 10:30 ● Rosary, All 11:00 ● Catholic Mass, All 11:30 ● News &amp; Views, All 2:30 ● Leisure Games, All 3:15 ● Refreshments on the Patio, All 6:15 ● Relax &amp; Reminisce, All</p>	<p>10:00 ● Sit &amp; Get Fit, All 6 10:30 ● Current Events, All 1:30 ● Outdoor Stroll, C/P 2:00 ● Arts &amp; Crafts, EC 3:15 ● Sunshine Club, DC 4:00 ● Life Stories: Sentimental Journey, All 6:30 ● Soothing Tea &amp; Cookies, All</p>	<p>10:00 ● PrimeFit, All 7 10:30 ● Brain Games, All 1:30 ● Bird Watching, C/P 2:00 ● Garden Club, DC 3:15 ● DIY Design, EC 4:00 ● Hand Massages, All 6:15 ● Poetry Night!, All</p>	<p>10:00 ● PrimeFit, All 8 10:30 ● Live Stream Zoos, Aquariums &amp; Museums, All 11:00 ● Word Games &amp; Crossword Puzzles, FC 12:00 ● Picnic on the Patio, C/P 2:00 ● Courtyard Stroll, All 4:00 ● Memory Lane, All 6:15 ● Classical Music, All</p>	<p>9:30 ● Spa Visits, All 9 10:00 ● Chair Yoga on the Lawn, C/P 10:30 ● Rosary &amp; Communion, All 11:00 ● Singalong, All 3:00 ● Traveling Ice Cream Cart, All 4:00 ● Let's Stay Connected &amp; Zoom!, All 6:15 ● Coupon Clippings, DC</p>	<p>10:00 ● PrimeFit, All 10 10:30 ● Trivia Games 11:00 ● Joyful Journal, All 1:30 ● "Ask Alexa," DC 2:30 ● Helping Hands!, DC 4:15 ● Aromatherapy &amp; Classical Music, All 6:15 ● Adult Coloring, All</p>	<p>10:00 ● PrimeFit, All 11 10:30 ● Coffee &amp; Current Events, All 11:00 ● Virtual Tours, All 2:00 ● Leisure Games, FC 3:15 ● FaceTime &amp; Friends!, All 4:00 ● Manicures, Hand Massages, All 6:15 ● Let's Reminisce, All</p>
<p>10:00 ● Morning Stretches, All 12 10:30 ● Rosary, All 11:00 ● Catholic Mass, All 11:30 ● News &amp; Views, All 2:30 ● Leisure Games, All 3:15 ● Refreshments on the Patio, All 6:15 ● Relax &amp; Reminisce, All</p>	<p>10:00 ● Sit &amp; Get Fit, All 13 10:30 ● Current Events, All 1:30 ● Outdoor Stroll, C/P 2:00 ● Arts &amp; Crafts, EC 3:15 ● Sunshine Club, DC 4:00 ● Life Stories: Sentimental Journey, All 6:30 ● Soothing Tea &amp; Cookies, All</p>	<p>10:00 ● PrimeFit, All 14 10:30 ● Brain Games, All 1:30 ● Bird Watching, C/P 2:00 ● Garden Club, DC 3:15 ● DIY Design, EC 4:00 ● Hand Massages, All 6:15 ● Poetry Night!, All</p>	<p>10:00 ● PrimeFit, All 15 10:30 ● Resident Council, DC 11:00 ● Word Games &amp; Crossword Puzzles, FC 12:00 ● Picnic on the Patio, C/P 2:00 ● Live Stream Zoos, Aquariums &amp; Museums, All 4:00 ● Memory Lane, All 6:15 ● Classical Music, All</p>	<p>9:30 ● Spa Visits, All 16 10:00 ● Chair Yoga on the Lawn, C/P 10:30 ● Rosary &amp; Communion, All 11:00 ● Singalong, All 3:00 ● Traveling Ice Cream Cart, All 4:00 ● Let's Stay Connected &amp; Zoom!, All 6:15 ● Coupon Clippings, DC</p>	<p>10:00 ● PrimeFit, All 17 10:30 ● Trivia Games 11:00 ● Joyful Journal, All 1:30 ● "Ask Alexa," DC 2:30 ● Helping Hands!, DC 4:15 ● Aromatherapy &amp; Classical Music, All 6:15 ● Adult Coloring, All</p>	<p>10:00 ● PrimeFit, All 18 10:30 ● Coffee &amp; Current Events, All 11:00 ● Virtual Tours, All 2:00 ● Leisure Games, FC 3:15 ● FaceTime &amp; Friends!, All 4:00 ● Manicures, Hand Massages, All 6:15 ● Let's Reminisce, All</p>
<p>10:00 ● Morning Stretches, All 19 10:30 ● Rosary, All 11:00 ● Catholic Mass, All 11:30 ● News &amp; Views, All 2:30 ● Leisure Games, All 3:15 ● Refreshments on the Patio, All 6:15 ● Relax &amp; Reminisce, All</p>	<p>10:00 ● Sit &amp; Get Fit, All 20 10:30 ● Current Events, All 1:30 ● Outdoor Stroll, C/P 2:00 ● Arts &amp; Crafts, EC 3:15 ● Sunshine Club, DC 4:00 ● Life Stories: Sentimental Journey, All 6:30 ● Soothing Tea &amp; Cookies, All</p>	<p>10:00 ● PrimeFit, All 21 10:30 ● Brain Games, All 1:30 ● Bird Watching, C/P 2:00 ● Garden Club, DC 3:15 ● DIY Design, EC 4:00 ● Hand Massages, All 6:15 ● Poetry Night!, All</p>	<p>10:00 ● PrimeFit, All 22 10:30 ● Live Stream Zoos, Aquariums &amp; Museums, All 11:00 ● Word Games &amp; Crossword Puzzles, FC 12:00 ● Picnic on the Patio, C/P 2:00 ● Courtyard Stroll, All 4:00 ● Memory Lane, All 6:15 ● Classical Music, All</p>	<p>9:30 ● Spa Visits, All 23 10:00 ● Chair Yoga on the Lawn, C/P 10:30 ● Rosary &amp; Communion, All 11:00 ● Singalong, All 3:00 ● Traveling Ice Cream Cart, All 4:00 ● Let's Stay Connected &amp; Zoom!, All 6:15 ● Coupon Clippings, DC</p>	<p>10:00 ● PrimeFit, All 24 10:30 ● Trivia Games 11:00 ● Joyful Journal, All 1:30 ● "Ask Alexa," DC 2:30 ● Helping Hands!, DC 4:15 ● Aromatherapy &amp; Classical Music, All 6:15 ● Adult Coloring, All</p>	<p>10:00 ● PrimeFit, All 25 10:30 ● Coffee &amp; Current Events, All 11:00 ● Virtual Tours, All 2:00 ● Leisure Games, FC 3:15 ● FaceTime &amp; Friends!, All 4:00 ● Manicures, Hand Massages, All 6:15 ● Let's Reminisce, All</p>
<p>10:00 ● Morning Stretches, All 26 10:30 ● Rosary, All 11:00 ● Catholic Mass, All 11:30 ● News &amp; Views, All 2:30 ● Leisure Games, All 3:15 ● Refreshments on the Patio, All 6:15 ● Relax &amp; Reminisce, All</p>	<p>10:00 ● Sit &amp; Get Fit, All 27 10:30 ● Current Events, All 1:30 ● Outdoor Stroll, C/P 2:00 ● Arts &amp; Crafts, EC 3:15 ● Sunshine Club, DC 4:00 ● Life Stories: Sentimental Journey, All 6:30 ● Soothing Tea &amp; Cookies, All</p>	<p>10:00 ● PrimeFit, All 28 10:30 ● Brain Games, All 1:30 ● Bird Watching, C/P 2:00 ● Garden Club, DC 3:15 ● DIY Design, EC 4:00 ● Hand Massages, All 6:15 ● Poetry Night!, All</p>	<p>10:00 ● PrimeFit, All 29 10:30 ● Live Stream Zoos, Aquariums &amp; Museums, All 11:00 ● Word Games &amp; Crossword Puzzles, FC 12:00 ● Picnic on the Patio, C/P 2:00 ● Courtyard Stroll, All 4:00 ● Memory Lane, All 6:15 ● Classical Music, All</p>	<p>9:30 ● Spa Visits, All 30 10:00 ● Chair Yoga on the Lawn, C/P 10:30 ● Rosary &amp; Communion, All 11:00 ● Singalong, All 3:00 ● Traveling Ice Cream Cart, All 4:00 ● Let's Stay Connected &amp; Zoom!, All 6:15 ● Coupon Clippings, DC</p>	<p>10:00 ● PrimeFit, All 31 10:30 ● Trivia Games 11:00 ● Joyful Journal, All 1:30 ● "Ask Alexa," DC 2:30 ● Helping Hands!, DC 4:15 ● Aromatherapy &amp; Classical Music, All 6:15 ● Adult Coloring, All</p>	